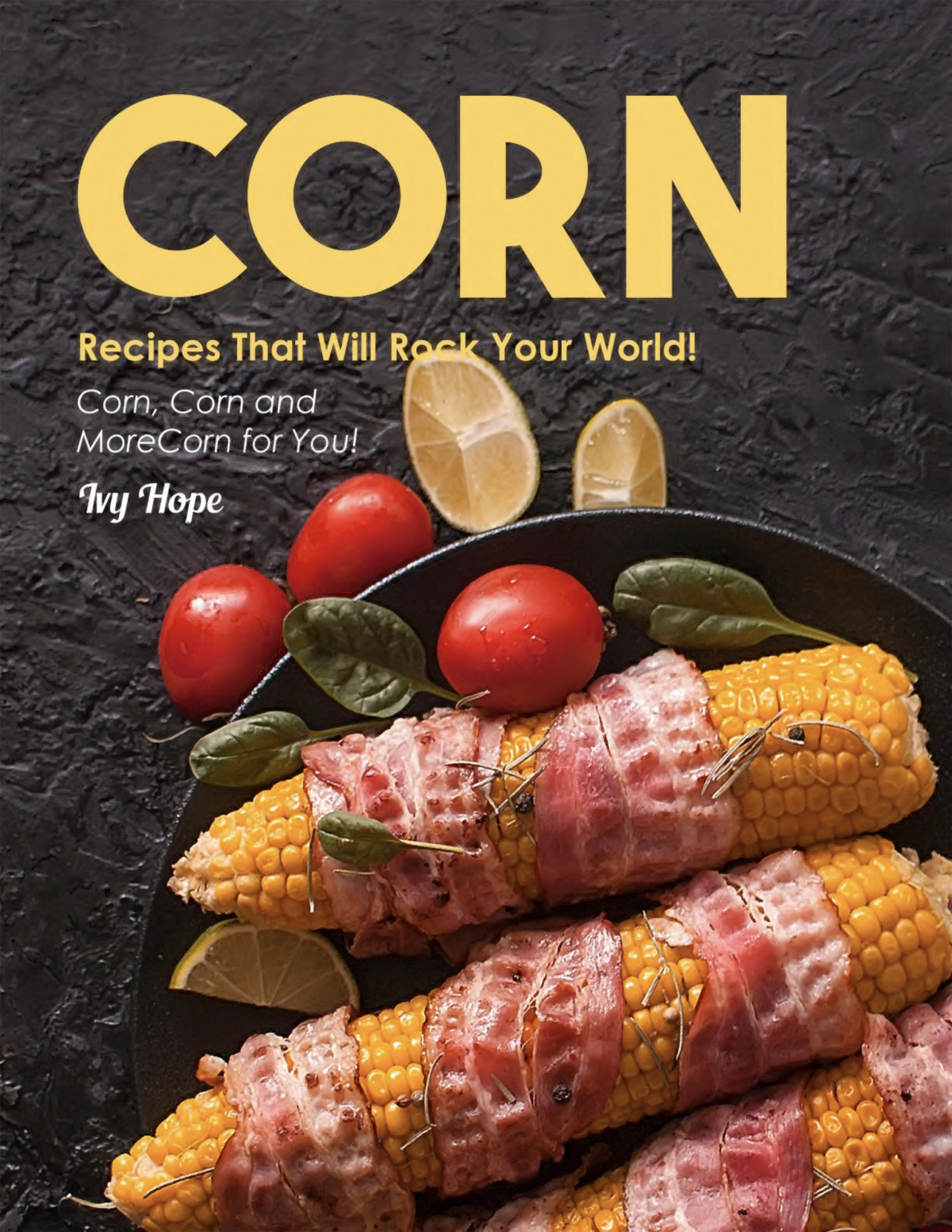
CORN

Recipes That Will Rock Your World!

Corn, Corn and
MoreCorn for You!

Ivy Hope



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BY: Ivy Hope

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IVY HOPE
COOKBOOK

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Introduction

In this section, we want to keep it light and entertaining, so we will expose here some corn facts or information you have mostly never heard before.

Unusual and fun facts we are pleased to share:

Eating raw corn is not only possible but also somewhat desirable. It has proven to be healthy and safe. Now we understand it may be very crunchy and different, so be patient and taste again if you do not like it right away.

You normally should be able to keep your fresh corn between 5-7 days without worries of eating it. In addition, once t is cooked, you should be able to also keep it about 5 days without any problems before you have to throw it away.

However, remember that some vegetables and fruits taste better after a few days from harvesting; it is not the case for corn. It tastes a lot better right after being picked. So, get it, cook it, and eat it.

While you can certainly boil the corn, you can also grill or even microwave it in the husk to keep the moistness in the vegetable. Do not underestimate the husk on the corn as being the envelope keeping the corn fresh and moist.

Did you know that approximately 40% of the corn comes from the USA distributed between retailers and fed to livestock?

While fall seems to be the corn season, it is actually being harvested starting in May through the end of September, so plenty of months to pick up and savor fresh corns.

With all these fun and interesting facts, let us move on to recipes we can all make and eat as a family.

Bacon baked corns on the cob

This recipe is so much fun! Corn and bacon, it is very difficult not to just love, since it includes very lovable two ingredients. We will choose sweet corn on the cobs, and the contract of salty meaty bacon will be perfect. Baking this recipe also allows the grease to melt off on the corn and keep it moist and so tasty.

Serving size: 4

Cooking Time: 45-50- Minutes

Ingredients:

- 4 medium fresh corn on the corn
- 4 thick beef bacon slices
- 1 tbsp., unsalted butter
- 1 tsp. red pepper flakes
- Minced fresh parsley
- Salt

Instructions:

1. First, turn on the oven to 400 degrees F.
2. Get a baking sheet out and set it aside.
3. Line up all the ingredients listed above on the kitchen counter.
4. Make sure your corn on the cob is clean. Then, melt the butter in a cup in the microwave.
5. Next, add the salt and pepper and stir.
6. Take a cooking brush and brush the butter on each corn all around them.
7. Wrap each corn individually with uncooked slice of bacon.
8. Cook in the oven for about 35-40 minutes.
9. Serve with a little minced parsley on the plate for a touch of green.

Sweet and savory corn casserole

This casserole is a very nice alternative to a sweet potato casserole or even a green bean casserole. It is undoubtedly a very good idea to serve this side dish at Thanksgiving or even any other holidays of your choice. The sweetness and savory combination will win you over.

Serving size: 4-6

Cooking Time: 50 Minutes

Ingredients:

- 2 cups fresh kernel corn or frozen and thawed if you don't have fresh at the moment
- 1 cup corn flour
- ½ cup whole milk
- 1 tsp. baking powder
- Pinch ground nutmeg
- Pinch ground cumin
- 1 cup shredded Parmesan cheese

- ¼ cup panko crumbs
- 1 tbsp. unsalted melted butter

Instructions:

1. Preheat your oven to 350 degrees F. Then, grease a square baking pan and set aside.

2. In a large mixing bowl, add the dry ingredients: spices, corn flour and baking powder.

3. Add next the milk and butter and stir until the mixture becomes smooth.

4. Place the creamy corn on the bottom of the pan and then add the flour mixture on top.

5. Next, in a medium bowl, combine the panko crumbs and the Parmesan cheese.

6. Finally top the casserole with the cheese and crumbs layer.

7. Place in your oven to cook for 30 minutes.

8. Serve warm with hot sauce if you enjoy a slight kick.

Colorful corn side dish

This recipe can be served as a side dish or as a meal if you add some proteins such as tuna or even shredded pork or cooked ground beef. It is quite colorful because of the color ingredients we will add to make it delicious and beautiful.

Serving size: 4

Cooking Time: 35-40 Minutes

Ingredients:

- 2 cups kernel corn
- ½ diced red bell pepper
- 1 diced jalapeno pepper
- 3 tbsp. olive oil
- 2 tbsp. diced green olives
- 1 tsp. lime juice
- Salt, black pepper
- ½ tsp. smoked paprika

Instructions:

1. You will be using all these ingredients, so get them lined up the counter.

2. Dice the peppers finely, but use precaution when chopping the jalapeno pepper, and it can sting.

3. Next, in a large skillet, heat the olive oil for a few on medium heat before adding the peppers and cook for 5 minutes.

4. Add the corn, the spices, lime juice, olives and continue stirring and cooking for another 15 minutes.

5. Lastly, serve as a wonderful side dish with grilled meat or baked fish, you will impress anyone who tastes it.

Mini corn and Mexican bites

Have you ever thrown a Mexican party if you have certainly known about this amusing and tasty recipe? These tiny appetizers are good not only for the children but also for any grow-ups who appreciate Mexican foods. You can prepare them ahead and simply place them in the oven to warm them up!

Serving size: 6-10

Cooking Time: 45 Minutes

Ingredients:

- 12-24 large scoop type tortilla chips
- Some olive oil
- ¾ cup kernel corn
- 1 can drained seasoned black beans
- ½ cup diced fresh tomatoes
- 1 tbsp. minced cilantro
- 1 tsp. chili powder

- ½ cup sharp shredded cheese

Instructions:

1. Preheat the oven to 375 degrees F. Spray with olive oil the baking sheet you will use later.

2. Next, to create the filling, use a medium pan, heat some olive oil and sautéed the cilantro, tomatoes and black beans for just about 6-7 minutes.

3. Set aside and fill each tortilla chips scoops with a full tablespoon of the beans mixture.

4. Add a pinch of chili powder and some cheese on top of each mini Mexican dish.

5. Next, bake in the oven for about 20 minutes.

6. Serve right away well it is hot! I also make sure I have sides of guacamole, sour cream or salsa. If you make your own salsa it is even better.

Fried corn fritters for everyone

These corn fritters will be flat and big. You can serve them as you would serve a salmon cake on an appetizer place with a side of greens. Actually, they are not only delicious, but they also present well when you are serving some roasted pork or baked chicken and waiting for the meat to finish cooking. It will be satisfying when you enjoy the dish with your loved ones.

Serving size: 3-4

Cooking Time: 45 Minutes

Ingredients:

- 1 cup kernel corn
- ¼ cup all-purpose flour
- 2/3 cup panko breadcrumbs
- 1 medium grated zucchini
- 1 large egg
- 1 tbsp. Italian seasonings

- Pinch ground cumin
- Canola oil

Instructions:

1. You will need a large skillet and a large mixing bowl.

2. In the mixing bowl, combine the grated zucchini, corn, breadcrumbs, cumin and Italian seasonings.

3. Next, use your hands to mix all ingredients together.

4. Add next the egg and the flour and use your hands once again to make sure all ingredients combine well.

5. Form 4 medium sized patties.

6. Heat on medium heat some canola oil in the selected large pan.

7. Add the patties and cook 8 minutes on each side.

8. Next, when done, place them on a paper towel for minutes to absorb excess oil and then serve.

9. I love eating them with ranch dressing or even a garlic mayonnaise sauce.

Homemade Baked corn chips

There is no need to buy corn chips or any kind of chips. You can make potato chips or pita chips at home. Let us go back to corn chips. Why would you make them at home again? Because you and your kids can share that fun cooking experience together.

Serving size: Many

Cooking Time: 30 Minutes

Ingredients:

- 1 ½ cups cornmeal
- 1 tbsp. sesame oil (you could use olive oil, but I love the taste of sesame oil)
- 1/2 tsp. salt
- 1 cup hot water, more or less
- 1 or 2 tbsp. all-purpose flour

Instructions:

1. Preheat the oven to 400 degrees.

2. Next, in your large mixing bowl, add all the ingredients and combine well together.

3. Use your kitchen counter as a board, and sprinkle some all-purpose flour on it.

4. You will form a ball with thought and place in on the powder dry counter. Use your rolling pin to create flat dough.

5. You can then place it on a well-buttered baking pan.

6. Next, bake it for 10-12 minutes and then cut it and crack it into chips.

7. These chips can be place in an airtight container, once they are cooled down.

8. I suggest you eat them within a week, as you did not any preservatives to keep them longer.

Simple but delicious corn bread recipe

I love serving corn bread with a few specific dishes. I enjoy it with chilies, salads or even with soups. What is your favorite meal to serve it with? In addition, let me ask you, do you like to taste the corn grains in it or do you prefer when the mixture is super smooth?

Serving size: 8-12

Cooking Time: 50 Minutes

Ingredients:

- ½ cup all-purpose flour
- 1 ½ cups yellow cornmeal
- Pinch salt
- 1 tbsp. baking powder
- 3 large egg whites
- ¾ cup whole milk
- 3 tbsp. sour cream
- ¼ cup unsalted butter

Instructions:

1. Preheat the oven to 350 degrees F.

2. Grease a bread baking pan and set aside.

3. In a large mixing bowl, combine the flour, cornmeal, salt and baking powder.

4. Next, in a different bowl, whisk the eggs whites. Add the melted butter, sour cream and stir with a wooden spoon.

5. Gradually, dump the wet ingredients into the dry ones. Then, combine again.

6. Dump the final mixture into the baking bread pan and cook for 45 minutes.

7. Then, let the bread rest a few minutes before cutting into slices.

8. You can serve this cornbread with your next homemade chili or you could eat it as dessert with some butter and perhaps even little peanut butter.

Delicious corn and veggies soup

Indeed, this soup is not meant to be super creamy. We know and enjoy making creamy corn chowder, but not this time. This recipe is more of a vegetable soup but with added extra corn. I started making this soup when I could not get my kids to love soups, and more so not eat too many veggies. I quickly adopted it as they sit at the table waiting to be served and excited to sip on their new favorite soup soon enough after tasted it for the first time.

Serving size: 4

Cooking Time: 50 Minutes

Ingredients:

- 8 cups chicken broth
- 2 cups kernel corn
- 2 chopped celery stalks
- 1 small peeled grated carrot
- 1 small chopped onion

- 1 tbsp. minced garlic
- 1 tbsp. Italian seasonings
- 2 small bay leaves
- Salt, black pepper
- ¾ cup uncooked rice
- 1 tbsp. unsalted butter

Instructions:

1. First, you will need a large saucepan for this recipe.

2. In it, melt butter and sautéed garlic and onion for 5 minutes on medium heat.

3. Add the carrots, celery and cook another 7 or 8 minutes, before adding the broth and all other ingredients, except the rice.

4. Bring the bouillon to boil and finally add the rice and cook for 20 minutes or until done.

5. Let the soup simmer on low temperature until you are to serve it.

6. I sincerely suggest sprinkle a little Swiss cheese on top of the hot soup and perhaps some garlic croutons

Angel hair corn pasta salad

I think if you are looking for a quick vegetarian pasta dish, this recipe is perfect for you. We will add some green ingredients such as kale, herbs and some Parmesan cheese. This is surprisingly a simple warm pasta dish, and we hope you love every single bite of it.

Serving size: 4

Cooking Time: 35-40 Minutes

Ingredients:

- 1 box uncooked angel hair pasta
- 2 cups chopped fresh kale
- 1 tbsp. minced garlic
- ¼ cup diced red onion
- 1 tbsp. Minced fresh parsley
- 2 cups kernel corn
- Salt, black pepper
- 4 tbsp. Italian dressing

- 1 tbsp. olive oil

Instructions:

1. First, in your large saucepan, boil water and salt. Add the angel hair pasta, then cook until done.

2. Second, meanwhile, in a large skillet heat the olive oil on medium heat and cook garlic, onion and parsley for 5 minutes.

3. Add the corn, the kale, seasonings and Italian dressing.

4. Next, the pasta will be ready by then and you should drain them well and add them to the skillet.

5. Stir well; serve with or without Parmesan cheese. I often make a double recipe and serve the next day with a different type of cheese such as Mozzarella or even Cheddar.

Skilled fried onion and corn

Because we know how onion and corn go well together, we decided to create a recipe just to display the two ingredients. Make sure you do choose your corn and onion wisely. I suggest to make this recipe during the fall season, so you can benefit the freshness of corn and choose a few varieties of onions to create it.

Serving size: 4

Cooking Time: 30 Minutes

Ingredients:

- 1 tbsp. all-purpose flour
- 4 cups kernel corn
- 1/4 cup diced sweet onions
- 1/4 cup diced red onion
- 1/4 cup freed dried onions
- 2 tbsp. Minced fresh parsley
- 1 tbsp. lemon juice

- 1 tbsp. soy sauce
- 1 tbsp. unsalted butter

Instructions:

1. In a skillet, heat butter and add the four to create a roux. Stir often.

2. Keep on medium heat, add the red and sweet onion and cook for 7-8 minutes.

3. Add the corn, and the rest of the ingredients, except the dried onions.

4. Cook the flavors together and taste to adjust seasonings as needed.

5. Serve this fun side dish with fried dried onions on top.

Corn and Feta corn salad

I love to surprise my loved ones. I also love to surprise my guests when they come over and visit. This salad will do just that. It will surprise anyone you serve it too. Indeed, I am not sure if it is the fabulous taste, the feta or the lime, but I think it is a delectable mix of everything.

Serving size: 4

Cooking Time: 30 Minutes

Ingredients:

- 1 1/2 cups crumbled feta cheese
- 3 cups kernel corn
- 1 tbsp. lime juice
- 1 tbsp. chili powder
- Salt, black pepper

- 3 tbsp. unsalted melted butter
- 1 lime, cut into wedges

Instructions:

1. Select a nice serving bowl and set aside.

2. In a mixing bowl, combine all ingredients except the Feta and lime wedges.

3. Taste and just seasonings as needed.

4. Divide the corn salad into four bowl equally, add crumbled feta cheese on top of each, and serve with a lime wedge.

5. If you do want to add even more colors and flavors, a few sliced black olives would be a nice added touch.

Exceptional pizza with corn and more

If you told me ten years ago to prepare a pizza with corn on it, I would have asked you if you were actually feeling sick. Not only do I create a recipe with corn on a pizza, but I am also sharing it with you today with great pride.

Serving size: 4

Cooking Time: 45 Minutes

Ingredients:

- 1 large pizza crust of your choice
- ½ cup kernel corn
- 1 cup shredded cooked chicken
- ¼ cup Alfredo sauce
- 1 tbsp. spicy BBQ sauce
- Handful of sliced sweet banana peppers
- 1 cup shredded Mozzarella cheese.

Instructions:

1. Preheat the oven to 400 degrees F. Then, get a pizza pan ready, well-greased. Set aside.

2. Place the pizza dough on the pizza and let it breathe a little.

3. Next, brush the Alfredo sauce on the dough and add the corn and cooked chicken randomly on the pizza.

4. Drizzle some BBQ sauce all over and some banana peppers all over.

5. Add the shredded cheese all over the pizza.

6. Next, place the pizza in the oven and bake for 30 minutes.

7. When you are slicing the pizza, remember to serve with a bottle of the BBQ sauce you used in case people want to drizzle a little more on it. Well done everyone.

Creamy peppery corn dish

This side dish can be served on its own and be a success story. I also prepare this recipe to add to a Sheppard pie or some casserole requested added creamy corn. It makes any dishes a new signature dish.

Serving size: 2

Cooking Time: 30 Minutes

Ingredients:

- 3 cups kernel corn
- 1 cup heavy cream
- ¼ cup sweet onion, cut very fine
- 1 tbsp. minced garlic
- ½ cup shredded parmesan
- 1 tbsp. cornstarch
- Salt, black pepper
- 1 tbsp. unsalted butter

Instructions:

1. You should get a large pot for this recipe to cook with on the stovetop.

2. In this pot, melt the butter and add the garlic and onion and cook for ten minutes. Next, add the cornstarch, stir until you make a roux.

3. Add the cream and continue stirring on a medium heat. Add the corn and Parmesan and continue stirring for few minutes.

4. Let the creamy corn simmer for another 10 minutes before serving.

5. You do not have to introduce this side dish other than say to your guests: taste it. They will be sold.

Corn cookies for the whole family

Cookies do not always include chocolate chips or even peanut butter. This recipe and cookbook as you know are all about corn. Therefore, we are making corn cookies. They will revolutionize the dessert world and the vegetable worlds together.

Serving size: 12-16

Cooking Time: 50 Minutes

Ingredients:

- 2 cups creamy corn, use canned ones, it's fine
- 1 cup all-purpose flour
- 1 cup corn flour
- Pinch salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- Pinch ground nutmeg
- ½ cup unsalted and melted butter
- 2 medium eggs
- ½ cup whole milk

Instructions:

1. Preheat the oven to 350 degrees F. Then, grease a large baking sheet and set aside.

2. You should 2 large mixing bowls out.

3. In the first one, add the dry ingredients and stir.

4. In the second one, combine the butter, eggs and milk.

5. Gradually, dump the wet ingredients into the dry ingredients. Stir well and then you are ready to make cookies.

6. Dump the dough one tablespoon at time on the baking sheet.

7. Bake the cookies for 12 minutes.

8. Repeat for a second batch as needed.

9. Let the cookies cool down and place them in large airtight container. Pack some in your kid's lunch or serve them as a snack. They will certainly be all gone in no time. They can however stay fresh for about one week.

Grilled and spicy corn on the cob

You can fire up the grill and create this recipe with success. If you would like not to peel the corn on the cob, you can place them directly on the grill. If you decide to peel them, you will have to use some paper foil, so the corn does not burn too quick on the grill.

Serving size: 4

Cooking Time: 45 Minutes

Ingredients:

- 8 large corn on the sob, cut in halves
- Minced parsley for decorating

Butter sauce:

- 4 tbsp. Unsalted butter
- 1 tbsp. minced garlic
- Pinch smoked paprika
- Pinch seas salt
- 1 tbsp. hot sauce

Instructions:

1. Fire up the grill and get this recipe started,
2. Prepare the sauce in a medium bowl by combining all ingredients listed.
3. Clean the corn and cut in half and brush the sauce on all of them.
4. Place the corn on foil paper and grill for about 10 minutes on each side.
5. Serve right away with some minced parsley to decorate. This is a great dish to make when you are attending a cookout party.

Fresh corn on the cob and greens as a side

Let's make this salad a gourmet corn and mixed green salad. We will add some amazing quality ingredients to the recipe, creating a unique side salad or a completely side as you serve grilled meat or baked fish. However, the added taste of prosciutto could be sufficient for the main course!

Serving size: 3-4

Cooking Time: 30 Minutes

Ingredients:

- 4 cups baby spinach leaves
- 1 ½ cups kernel corn
- 1 cup diced prosciutto
- ½ cup shredded Parmesan cheese
- Salt, black pepper
- Your favorite salad dressing

Instructions:

1. First, this is such a simple recipe to make.

2. Combine in a large mixing bowl, the corn, prosciutto, salad dressing, and seasonings.

3. Then, lay the spinach into 4 plates. Add the corn mixtures also equally.

4. Add the Parmesan cheese on top when serving and enjoy! This salad is tasty and beautiful.

Tuna and corn spreadable recipe

I do not like to pretend with my children. When I explain to them that tuna is very nutritious, I mean it. When they tell me they love corn, they mean it. Therefore, I think I found the best combination; happy and healthy.

Serving size: 4

Cooking Time: 20 Minutes

Ingredients:

- 4 drained medium white tuna fish cans
- 3 tbsp. mayonnaise
- 3 tbsp. sour cream
- 1 cup kernel corn
- 2 tbsp. Dill Pickles
- Salt, black pepper
- 1 tsp. lemon juice
- 1 tsp. red pepper flakes

Instructions:

1. First, open the tuna cans and drain them really well.

2. Dump the tuna into your large mixing bowl. Add the mayonnaise, sour cream, lemon juice, pickles, salt, black pepper and red pepper flakes. Stir well,

3. Next, when you are satisfied with the taste, add the corn, mix again and there you have your next best tuna salad.

4. Serve on crackers or on pita bread. You can obviously also select your favorite bread and make a delicious tuna and corn sandwich with this mixture.

Very fresh berries and corn salad

It is always so important to carefully choose your ingredients for your recipes. This time, let us double up in caution, and pick only fresh berries. In addition, the dressing used for this recipe should be prepared with a balsamic sweet vinaigrette.

Serving size: 4

Cooking Time: 20 Minutes

Ingredients:

- 2 cups kernel corn
- 1 cup fresh blueberries

- 1 cups fresh raspberries
- 1 tbsp. Balsamic vinegar
- 2 diced celery stalk
- 3 tbsp. coconut oil
- 2 tbsp. brown sugar
- Pinch ground cinnamon

Instructions:

1. This salad is easy to make. You should start by washing the fresh fruits and draining them well.

2. Set them aside into a large mixing bowl. Add the corn and celery also.

3. Next, in your small mixing bowl, combine the brown sugar melted coconut oil, cinnamon, and vinegar.

4. Add the vinaigrette within the fruits and veggies and stir until the sauce is blended well.

5. Lastly, keep in the refrigerator until ready to serve. If you have a favorite vanilla yoghurt, you can serve this salad with it when you choose to.

Corn simply amazing pudding

It is a pudding, so in theory, it can be served as a dessert. However, because it includes corn, it can be confusing, and perhaps you can get away and serve this dish as a side dish. If you have some ham to the recipe, you can also get a way to serve it as a main dish. These are all interesting options.

Serving size: 6-8

Cooking Time: 40 Minutes

Ingredients:

- 2 cups kernel corn
- 2 cups cooked rice
- 3 large eggs
- 1 cup 2% milk
- ½ cup heavy cream
- ½ tsp. ground nutmeg
- 3 tbsp. Maple syrup

Instructions:

1. Preheat the oven to 375 degrees F.

2. Grease with unsalted butter a large baking dish and set aside for now.

3. Use a large mixing bowl and Wisk the eggs first. Add the cream, milk, nutmeg. Once these ingredients are combined, add the cooked rice.

4. Place the cooked rice mixture into the baking dish.

5. For the topping, you will combine the corn with maple syrup in a small skillet with a little butter.

6. Cook on medium heat until the syrup caramelized some.

7. Add the corn on very top of the rice pudding and place in the oven for 30 minutes.

8. Cut the pudding into the pudding and serve with whipped cream.

Spicy corn dip

There is nothing like creating a nice warm dip on a rainy afternoon. In addition, my family loves watching a Sunday football game and snack on this dip with tortilla chips or any favorite crackers. This dip is not only warm in temperature, but we will also add some jalapenos and make it spicy.

Serving size: 4

Cooking Time: 60-120 Minutes

Ingredients:

- 1 package soft plain cream cheese
- 1 package soft herbs and garlic cream cheese
- 2 cups kernel corn
- 2 minced green onion
- 1 tbsp. minced garlic
- 2 minced jalapeno peppers
- 1 tbsp. unsalted butter

- 1 tbsp. Lemon juice
- 1 tbsp. hot sauce
- ¼ cup dry white wine

Instructions:

1. First, in a medium skillet, heat the butter and cook the garlic, jalapenos peppers and green onions for six or seven minutes. Add the dry whine and cook another 10 minutes.

2. Place the cooked items into a crockpot. Add both types of cream cheeses, corn, lemon juice and hot sauce.

3. Next, use your wooden spoon to stir all ingredients together.

4. Set up the crockpot for 2 hours of slow cooking.

5. Lastly, when you are ready to serve, pour a generous potion into a bowl and serve with chips, crackers or pita breads.

Buttery corn muffins

These muffins are very special to me. We created the recipe once Saturday morning, my children and I. We wanted to create muffin to bring on our picnic, we had corn, caramel, and we knew if we add butter, it would be terrific. This recipe was born.

Serving size: 6-12

Cooking Time: 50 Minutes

Ingredients:

- 1 ½ cups kernel corn
- 1 cup all-purpose flour
- 1 cup corn flour
- 1 cup kernel corn
- ¼ cup corn syrup
- 2 tbsp. sour cream
- ¼ cup brown sugar
- 1 tsp. baking powder

- 1 tsp. baking soda
- Pinch cinnamon

Instructions:

1. Divide this delicious soup into 4 portions in bowls and serve with pita crackers.

Baked fish with special corn topping

Fish and corn can mix very well. If you add some garlic and fresh herbs, you will create a very special and delicious topping. I really prefer baking the fish with the topping in the oven; however, you can also fire it up in the grill and use it to reciprocate a similar recipe.

Serving size: 4

Cooking Time: 40 Minutes

Ingredients:

- 4 fresh cod filets
- ¼ cup lime juice
- 1 tbsp. lime zest
- 2 cups kernel corn
- 1 tbsp. minced fresh cilantro
- 2 tbsp. small capers
- 1 cup marinated chopped artichokes hearts
- 1 tbsp. olive oil

- 2 tbsp. all-purpose flour
- Salt, black pepper
- 1 tsp. cayenne pepper

Instructions:

1. Preheat the oven to 375 degrees F.

2. Grease a baking dish and set aside.

3. Clean the fish well and season on each side with salt and pepper. Place the flour in a bowl and dip each cod filets in it.

4. In a large skillet, heat the oil. Cook the fish on each side for just a few minutes. Then, set aside on the baking dish.

5. In the skillet, add the lime juice, lime zest, corn, cilantro and artichoke hearts, cook for 6-7 minutes.

6. Add the corn mixture on top of each filets and sprinkle the capers.

7. Cook the fish for 25 minutes and serve with a side of white rice.

Corn, avocados, tomatoes salad

I understand if you are using corn cautiously because you are avoiding the number of carbs you consumed. To balance off nicely this salad, we will use onions, tomatoes, and avocados. I also like to use some sliced zucchini if it is in season.

Serving size: 4

Cooking Time: 45 Minutes

Ingredients:

- 3 medium fresh tomatoes
- 1 large diced peeled ripped avocado
- 1 ½ cups kernel corn
- 1 medium sliced thin zucchini
- ¼ cup sliced red onions
- 1 cup crumbled goat cheese
- ½ cup sliced black olives
- ¼ cup Greek salad dressing

Instructions:

1. Get all the ingredients lined up and also a large serving dish.

2. Cut the tomatoes into quarters; slice the onions, the zucchinis. As far as the avocado, dice it and drizzle a little lemon juice while you gather the rest.

3. Combine gently in the veggies with the olives and dressing.

4. Finish it with a touch a crumbled goat cheese.

Mac & Cheese with corn

Everyone loves a good macaroni and cheese. Stay tuned; we have a very good and unique recipe here below. Why would we put corn in the list of ingredients? I should ask you why not? There is never a right and wrong when it comes to cooking; it is all about experimenting and making something that tastes good.

Serving size: 4

Cooking Time: 40 Minutes

Ingredients:

- 1 uncooked macaroni elbow pasta
- ½ cup whole milk
- 1 tbsp. unsalted butter
- 1 cup shredded orange Cheddar cheese
- 1 cup shredded white Cheddar cheese
- 2 tbsp. Unsalted butter
- 1 tsp. yellow mustard
- Salt, white pepper
- Smoked paprika to decorate and minced parsley

- 2 cups kernel corn

Instructions:

1. First, boil water and a little oil in your large saucepan.

2. Add the elbow macaroni and coo as you normally would or as indicated on the own box.

3. Meanwhile, get all the ingredients out and a medium saucepan.

4. On medium heat, melt the butter, with the yellow mustard and the cheese in the saucepan.

5. Next, stir often to make sure nothing sticks, add the milk and spices.

6. When the pasta is cooked, drain them well and add to the cheese sauce.

7. Also, next, add the corn and stir all the ingredients to make your next mac and cheese.

8. Adjust seasonings if you think it needs it, and serve a generous portion in four different plates.

Maple popcorn

Some may argue this does not involve corn! To these people, I would say you are wrong. How do you make popcorn, one might ask? That is right, you use corn seed, and there you have your answer. We will not stop there and will not make regular popcorn; we will add a caramel sauce and perhaps some nuts.

Serving size: 4

Cooking Time: 45 Minutes

Ingredients:

- ½ tsp. ground cinnamon
- ½ cup chopped pecan
- 4 cups fresh popped corn
- Caramel sauce
- ½ cup white sugar
- ½ cup brown sugar
- ¾ cup 10% cream

- Pinch salt
- 1 tsp. vanilla extract
- 1 tbsp. unsalted butter

Instructions:

1. First, in your medium saucepan, melt the butter with the sugar on low temperature, stirring constantly.

2. Add the cream and vanilla. Then, continue to stir. Finally add the salt and stir again before you turn off the heat and let the caramel get thicker.

3. In your large mixing bowl, combine the popcorn, the nuts, and the cinnamon. Then, pour the caramel sauce.

4. Lastly, mix and enjoy it with your favorite movie!

Conclusion

Now that you may have tried many recipes with corn and develop a desire to learn more about this interesting yellow vegetable, we can teach you even more about it!

In this section, we can tell you about the nutritional value of corn in details. We will be truthful about the pros and cons of corn.

Starting with the positive sides, health benefits of corn:

Corn provides multiple vitamins and minerals such as vitamins A, B2, B5, C, E, K. It also promises iron, calcium, zinc, magnesium, manganese, folic acid, copper and choline intakes.

Corn can also provide a significant amount of fiber to your diet, up to 4.5 grams within a cup of kernel corn.

Corn has been known to reduce the risks of anemia as it helps to produce red blood cells in the body.

Eating corn can actually also help reduce cholesterol levels if eaten in moderation.

Starch is definitely provided by the consumption of corn. Although the sound of starch may have negative conation to some of you, it is essential to your body for energy intake.

Corn is not a grain, so by definition, it is gluten free.

Finally, it is equally a source of antioxidants.

Now let us talk about what we would not call negative but precautions or side effects you must know or should know before eating your new meal with corn:

People with diabetes or high sugared restricted diet should avoid consuming corn often.

Corn contains carbs, and if you are intending to respect a low carbs diet, corn should be excluded or restricted.

Corn can also be a vegetable difficult to digest, so individual with sensitive digestive systems should avoid corn, unless it is in very small quantities.

The cellulose you find in corn is what is difficult to digest as it is an insoluble fiber, and it can take longer for your body to break it down.

Be aware of GMO, genetically modified foods, as corn is often of them and certainly not the best healthy option for you.

Now you know more about corn; you can choose how much or how little you will include in your regular diet. Take our lead and try some of your wonderful recipes including in this cookbook or create your own, including just how much corn you want to eat that day!

About the Author

Ivy's mission is to share her recipes with the world. Even though she is not a professional cook she has always had that flair toward cooking. Her hands create magic. She can make even the simplest recipe tastes superb. Everyone who has tried her food has astounding their compliments was what made her think about writing recipes.

She wanted everyone to have a taste of her creations aside from close family and friends. So, deciding to write recipes was her winning decision. She isn't interested in popularity, but how many people have her recipes reached and touched people. Each recipe in her cookbooks is special and has a special meaning in her life. This means that each recipe is created with attention and love. Every ingredient carefully picked, every combination tried and tested.

Her mission started on her birthday about 9 years ago, when her guests couldn't stop prizing the food on the table. The next thing she did was organizing an event where chefs from restaurants were tasting her recipes. This event gave her the courage to start spreading her recipes.

She has written many cookbooks and she is still working on more. There is no end in the art of cooking; all you need is inspiration, love, and dedication.

Author's Afterthoughts

I am thankful for downloading this book and taking the time to read it. I know that you have learned a lot and you had a great time reading it. Writing books is the best way to share the skills I have with your and the best tips too.

I know that there are many books and choosing my book is amazing. I am thankful that you stopped and took time to decide. You made a great decision and I am sure that you enjoyed it.

I will be even happier if you provide honest feedback about my book. Feedbacks helped by growing and they still do. They help me to choose better content and new ideas. So, maybe your feedback can trigger an idea for my next book.

Thank you again

Sincerely

Ivy Hope